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® Follow these instructions each time the respirator is worn. (See pictures 1-7)

1. Grasp both head straps near the side of the respirator and open the respirator to form a cup. 2. Place the respirator under the chin first, then over the mouth and nose. 3. Then pull the head straps over the head, leaving one strap at the crown of the head. 4. Place the other strap behind the neck. 5. Using both hands, carefully form the nose wire to the shape of your nose. 6. For respirators with valves, the overall tension can be increased by pulling the tab on the right side buckle. Adjust the tension between the top and bottom headbands by sliding the strap through the left buckle. 7. Test the seal of the respirator to the face. Place both hands over the respirator. Inhale and exhale sharply. If any air leaks around the nose, re-adjust the nose wire. If any air leaks around the edges, tighten the head straps and/or reposition the respirator. If you cannot achieve a proper seal, do not enter the contaminated area and see your supervisor.